

“I have been taking a NIA class for over a year and love it; it’s a combination of dance and movements from karate and tai chi.”

Chris Clothier
GIS Coordinator
Utilities

NIA



Photo credit:
Herald Times In Stride



“NIA is great fun, gets my heart pumping and feels more like dance than a workout.” -- Christine

be active tip: NIA is holistic fitness, using your own body’s way to move and exercise; it is a healing movement practice that can be adapted to many different physical conditions.